

### A-3. ARCHITECTURE and COLOUR: COLOUR and HEALTH

During these times of confinement, people in general have been forced to become aware of their spaces, of their quality: whether they contribute to their wellbeing, whether they incorporate the most appropriate environmental conditions, minimising external pressure, etc. And the answer has been, in most cases, negative. The reality is that these "conditions" are those that are present in long-stay spaces, where people have to stay for long periods of time: schools, hospitals, penitentiaries, etc.

As architects, therefore, we consider the need to intervene in public spaces, creating a new concept of well-being that we will call "renewed well-being".

From architecture and medicine, we propose to use colour as the variable with which to incorporate these extended "environmental" conditions, to provide effective and creative solutions to change man's behaviour and the way he "feels" in spaces, in two ways:

- By reducing stress.
- By stimulating and favouring positive emotional states.

From medicine, we will learn to detect stress and negative emotional states, understanding the repercussions they have on the users of the spaces.

And from colour, we will see the tools or colour keyboards that allow us to mitigate these conditions and establish the most appropriate physical and emotional conditions.

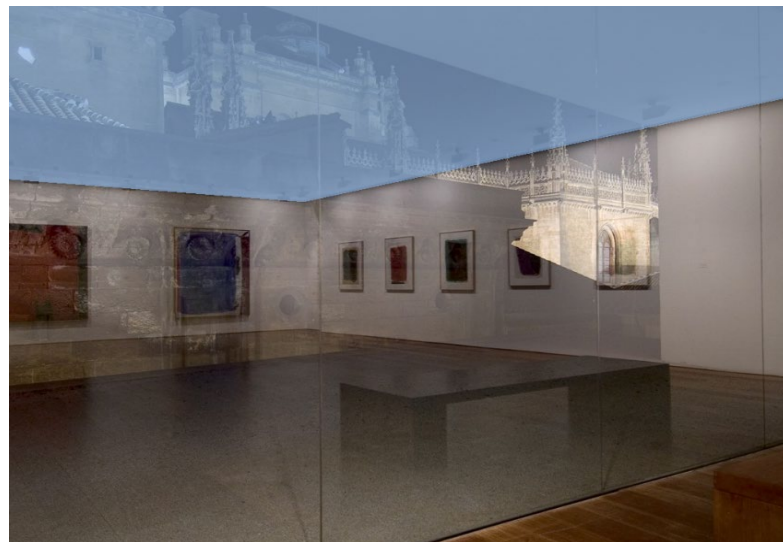
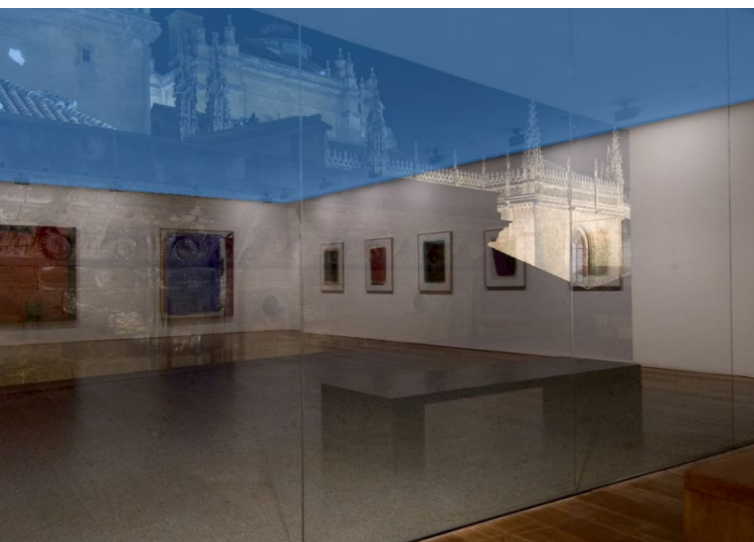
Because colour in terms of health generates two great benefits at a social and professional level:

**Social benefits:** Achieving The reduction of stress whether in work, commercial, health or educational spaces, translates into greater personal performance, greater efficiency of treatments and greater concentration and attention. We are talking about a reduction of costs in all areas.

- Reversing or mitigating negative and adverse emotional conditions by stimulating positive ones. It is well known in the health world the importance of negative emotional states that have such an influence on people's health and behaviour.

**Professional benefits:** In the eyes of organisations and clients, the architect's ability to "optimise" health, educational, business, internment, etc. facilities and spaces, with low-cost complementary measures, is a very important issue.

*Constructive Keyboards. José Guerrero Museum. Granada*



## Goals:

- To initiate specific training on colour in architecture and health as a means of specialisation and professional differentiation.
- To become familiar with stress and negative emotional frameworks: how they influence people both in terms of their health and their behaviour.
- To introduce the professional to the "sensitive" level of architecture; we talk about the emotional dimension of architecture and "environments".
- Practical knowledge of the colour selection process using digital and physical tools.

## Programme: *Stress Reduction: Constructive Keyboards*

### Theory.

- The symptoms of stress: how to detect them and their importance in a person's behaviour.
- Introducing Constructive Keyboards, as colour concepts that respond to a tonality and a spatial situation, transforming the physical and emotional reality.
- Learning to manipulate and manage these keyboards in different situations.

### Practice:

By working with various examples on digital media, and with the help of Constructive keyboards based on NCS palettes, we will use colour in different buildings, looking at the suitability of each keyboard.

## *Emotional conditions: the Communicative Colour Keyboards*

### Theory.

- Communicative Keyboards: these are colour concepts that respond to a tonality and a spatial situation, introducing emotions and thoughts into space.
- Negative emotions and how to detect them: the importance in a person's behaviour.
- Learning to use these keyboards and manage them in various situations.

### Practice:

Communicative Keyboards: these are colour concepts with a certain tonality and spatial situation, introducing emotions and thoughts into the space.

Negative emotions and how to detect them: the importance in a person's behaviour.

Learning to use these keyboards and handle them in various situations.

**NOTES:** The student will have to be able to manage in one of the Acrobat -Photoshop- environment programmes and will be provided with the links to download the NCS digital palette.

*Intervention in Sao Paulo favelas. Boa Mistura Group*

